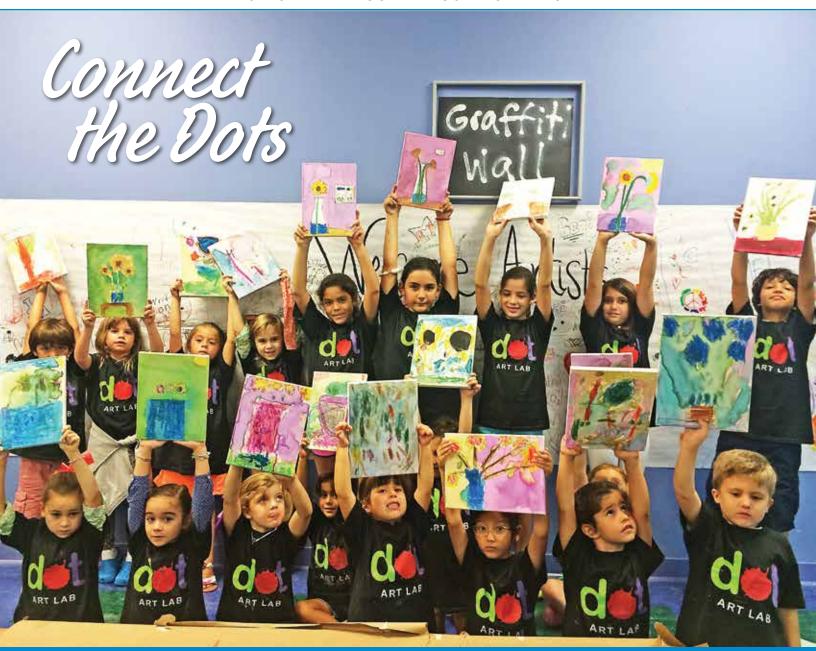
# ACTIVE 2015 ACTIVE ENERGY OF THE PROPERTY OF T

VILLAGE OF KEY BISCAYNE COMMUNITY CENTER



Hello art lovers! We now offer more ways to connect with your creative side.

Turn to page 6 for the complete list of classes and programs.

# Information for Residents

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### **Village Officials and Staff**

Mayor Mayra Peña Lindsay
Vice Mayor Franklin Caplan
Councilmember Luis de la Cruz
Councilmember Theodore Holloway
Councilmember Michael E. Kelly
Councilmember Ed London
Councilmember James Taintor
Village Manager
John C. Gilbert
Director of Parks and Recreation
Todd Hofferberth
Community Center Manager & Asst.
Director of Parks and Recreation
Ana J. Colls

### PARTY PACKAGES AND ISLAND ROOM RENTALS

Planning a party or special event? The Community Center offers a variety of party packages for groups of up to 30 people. Choose from our Basic Party Package; Arts and Crafts Package; Pool Party Package; or the Face-Painting and Balloon Art Party Package.

We also have facilities to accommodate adult parties, meetings and other special events. The Island Room (also known as the Multi-Purpose Room) on the second floor can accommodate up to 150 guests, offers small and large rooms, as well as a warming kitchen.

For more information or to schedule your next event, please visit or call the Community Center's front desk at 305-365-8900.

### BEACH PARK ACCESS CARDS

The Village of Key Biscayne's Beach Park, a resident's only facility, requires an access card to enter the park. The access cards are available to Key Biscayne residents only. For additional information please call 305-365-8900.

**To Obtain a Card:** Beach Park access card applications are available online or at the front desk. Please allow 2-3 business days for new cards to be activated.

**Proof of Residency:** Proof of residency is required when applying for a beach access card. A photo ID plus one of the following is acceptable as proof of residency:

Current vehicle registration certificate
Copy of current real property tax bill or deed
Certificate or letter from the Internal Revenue Service
Current utility bill

Tenants must bring an annual lease

**Cards per Household:** There is a limit of two (2) access cards per household and proof of residency is required for each card issued. A one-person household may only receive one access card.

**Fees:** There is no fee for the first access card(s). There is a replacement card fee of \$8.00 to de-activate the lost or stolen card and re-issue a new device.

### **PASSPORT SERVICES**

The Village of Key Biscayne is a certified acceptance facility for U.S. passport applications. As a courtesy to our residents, this service is offered by the Parks and Recreation Department at the Community Center, located at 10 Village Green Way, second floor. Rules, downloadable forms, fees, travel advisories and other information are available at the U.S. State Department passport web page. For additional information or to make an appointment, call 305-365-8953. Passport processing also is available at the U.S. Post Office located in the L'Esplanade Shopping Center at 951 Crandon Boulevard. For more information, call 305-ASK-USPS.

Days *Monday to Friday*Hours 9:30 a.m.-4:00 p.m.

Note: Appointments are required.



### FREE ON-ISLAND TRANSPORTATION FOR SENIORS

The Village of Key Biscayne offers free, local island transportation to pre-registered senior residents of Key Biscayne. Seniors must be 60 years of age or older, full- or part-time residents of Key Biscayne and pre-registered with Roxy Lohuis-Tejeda, Senior and Adult Programs Coordinator. Exceptions will be made for home health aides, nurses and other qualified personnel caring and assisting the registered user. This service is provided on Tuesdays, Wednesdays and Thursdays between 9:00 a.m. and 3:00 p.m. All passengers must be ready and waiting for pick up. The driver will wait only five minutes. Please call 305-365-8953 for more information or to make a reservation.

# Message from the Village Manager



### **COMMUNITY CENTER HOURS**

### **General Hours of Operation**

Monday - Friday 6:00 a.m. to 10:00 p.m. Saturday and Sunday 8:00 a.m. to 8:00 p.m.

### **Pool Hours**

(unless otherwise posted for classes and special programs)

Monday - Friday 6:15 a.m. to 8:45 p.m.
Saturday and Sunday 8:15 a.m. to 7:45 p.m.
Swim lanes are always available but may be limited for a class or special program.

### **Teen Room/Game Room**

Monday - Friday 3:00 p.m. to 10:00 p.m. Saturday and Sunday 10:00 a.m. to 8:00 p.m.

### **Indoor Playground**

(children under age 10 must be supervised by an adult)

Monday - Friday 9:00 a.m. to 1:00 p.m.

(for children under the age of 6)

3:00 p.m. to 8:00 p.m.

Saturday and Sunday 9:00 a.m. to 8:00 p.m.

Access may be limited during special events or parties.

### **Computer Lab**

Monday - Friday 9:30 a.m. to 4:00 p.m. - Adults Only

4:00 p.m. to 8:00 p.m. - All Ages

Saturday and Sunday Available upon request

### **Gymnasium**

The gym is available for basketball during all general hours of operation. Courts will generally be programmed in the afternoons after 3:00 p.m.

### **Adult Basketball**

Saturday 10:00 a.m. to 12:00 noon

(ages 35 and up)

# Always Improving

Dear Islanders:

We are excited to announce that the newly expanded M.A.S.T. Academy will open on August 24th in time for the 2015-2016 academic school year. This will be the first time the program will host a 7th grade and 12th grade class. Phase 3 of the renovation program, which entails expanding the school's soccer field into a regulation football field, will also commence in the coming months.

To improve pedestrian safety and safeguard school-aged children on our streets and sidewalks, the Village Council applied to the State of Florida for a grant from the Safe Routes to School National Partnership to advance safe walking and bicycling to and from schools. The process required an evaluation of the routes to the Key Biscayne



John C. Gilbert Village Manager

K-8 Center, which was subsequently approved by the Village Council and the Miami-Dade County Public School Board, and is currently at the state level for final review and funding.

The Village Transit Mobility Study, which is advancing nicely, is evaluating, identifying and addressing ongoing traffic concerns on the Key and will make recommendations to fix those problems, which could include synchronized traffic lights, an increased number of pedestrian crosswalks and/or improved street lighting. Our community is already participating in a countywide pilot program — which is being implemented in conjunction with Miami-Dade County Public Works and Waste Management Department's Transportation Division — to install a traffic light synchronization device on the Key.

Last April, Village Council approved a Needs Assessment Survey, to gauge residents' usage and satisfaction with the Community Center, parks and recreation facilities as well as other Village services. We expect to have the first draft of the survey in early August so that a final document can be shared with Council Members when they meet in September.

The Community Center expansion project was recently approved by the Village Council. The project will add approximately 4,800 square feet to the center, which will be used to expand recreation, leisure and fitness programming. We are also in the process of renovating and restoring the fields at the Village Green as well as the Saint Agnes Academy and Key Biscayne K-8 Center athletic fields. Meanwhile, in early August, all of the cardiovascular and strength training equipment in the fitness center was replaced with new, state-of-the art exercise machines. Over the summer, the wood floors in the Dance/ Aerobics Room and Gymnasium were also refurbished.

The first and second budget hearings are slated to take place on September 8 and September 21, respectively. The operating budget as well as various capital projects will be discussed at these hearings. The public is invited to attend.

As always, I welcome your feedback. Feel free to contact the Village Manager's office with questions, comments or concerns.

John C. Gilbert, Village Manager

# Membership Information

### Be an Active Islander – Join the Key Biscayne Community Center! Just follow these easy steps:



### **Complete the Community Center membership application**

Forms are available at the front desk by calling 305-365-8900 or online at www.activeislander.org.



### **Show proof of residency**

Proof of residency is required when applying for membership. A photo ID plus one of the following is acceptable as proof of residency: current vehicle registration certificate; copy of current real property tax bill or deed; certificate or letter from the Internal Revenue Service; current utility bill; tenants must bring a current lease; a yearly lease is required for an annual membership.



### Pay the membership fee\*

Membership can be paid by cash, check or credit card. Checks should be made payable to the Village of Key Biscayne.

### **Membership Categories**

Category	<b>Daily Resident</b>	<b>Daily Guest</b>	Monthly	Yearly
Adults	\$9	\$13	\$55	\$300
Youth (10-18)	\$6	\$9	\$22	\$130
Senior (65+)	\$6	\$9	\$30	\$200
Student (19-25)	\$7	\$10	\$35	\$220
Couple	N/A	N/A	\$85	\$385
Senior Couple (both 65+)	N/A	N/A	\$50	\$300
Family (4 members)	N/A	N/A	\$110	\$525

<sup>\*</sup>Note: Membership fees are subject to change.

### **Membership Category Descriptions**

**Adults**—An adult membership is available to residents between the ages of 19 and 64, unless they are 25 or younger and currently enrolled in school.

**Youth**—A youth membership is available to any resident between the ages of 10 and 18.

**Senior**—A senior membership is available to any resident who is 65 or older.

**Student**—Any resident who is between the ages of 19 and 25 can apply for the student membership with proof of current school enrollment.

**Couple**—Any two individuals who reside at the same address may join as a couple. This would include one child and one adult or two adults.

**Senior Couple**—To qualify for a senior couple membership, both individuals must be 65 or older. If only one individual is over 65, the couple membership would apply.

**Family**—A family consists of up to four individuals, including no more than two adults who reside together. Families with more than four individuals may add additional family members at 50 percent off. Therefore, a family of five may add a third child for \$65.

### **Cancellation/Refund Policy**

It's our goal to ensure that you enjoy our recreation programs. Therefore, if you are not completely satisfied with a class or program or are unable to participate for medical reasons, please contact us immediately. Credits or refunds will be considered for anyone who makes a request before the start of the second class or program. Requests received after the start of the second class or program may entitle the participant to a prorated refund. No refund or credit requests will be considered after an activity or program has concluded. Certain Trips and Tours may be transferable but non-refundable (please check with the Front Desk). Group Exercise Punch Passes are non-transferable and non-refundable. Community Center memberships are non-transferable and non-refundable.

# Rules and Regulations

#### **Key Biscayne Community Center Policies**

- Membership in the Key Biscayne Community Center is limited to Key Biscayne residents and employees of the Village of Key Biscayne.
- Residents who are not yearly or monthly members may use all Community Center amenities by purchasing a daily membership.
   The cost of a daily membership may be applied to the purchase of an annual membership if purchased that day.
- Daily membership for residents is not required for limited access to the building.
- Members must scan their membership ID card when entering the building.
- Children age 10 and older are allowed to enter the Community Center with their membership ID card.
- Children under the age of 10 must be accompanied by an adult (16 or older) or must be enrolled and attending a program to enter the Community Center.
- Access to the Wellness Center is restricted to members and guests ages 16 and older.
- There is no charge for a caregiver who accompanies a member, as long as the caregiver does not use the facility. The caregiver must stay with the member at all times.
- Village of Key Biscayne staff members are authorized to forbid access to the Community Center and request removal from the facility of any individual in the case of misconduct.

#### **Code of Conduct**

All participants in the Community Center are expected to behave in such a manner as not to disturb others using the facility. Please adhere to the following code of conduct in and around the building:

- No foul or abusive language
- . No fighting or rough play
- No glass containers
- · No tobacco products
- No pets
- No weapons
- No alcohol
- No bouncing basketballs outside the gymnasium
- Activity appropriate footwear required on gymnasium or dance floors
- Appropriate clothing required
- · No running or bouncing balls in hallways, stairwells or near pool

Failure to follow this code of conduct could result in disciplinary action, including removal from the facility and/or suspension or cancellation of membership.

#### **Guest Policy**

- Guests must be accompanied by a resident who has purchased a yearly, monthly or daily membership.
- Guests must register at the front desk and must purchase a quest pass.
- Guest passes are non-refundable.
- A maximum of two guests per member can be brought per day, unless special arrangements are made in advance.

### **Toddler Room Drop-In Care Policies**

- 1. Drop-in care is for children one to five years of age (no exceptions).
- 2. Parents must sign in their child.
- 3. Punch Passes must be purchased at the front desk.

Member pass for 10 hours: \$70 Member pass per hour: \$7 Non-member one-hour pass: \$10

- 4. Drop-in care is on a first-come, first-serve basis.
- **5.** There is an eight-to-one and a 15-to-two ratio: We reserve the right to reduce that limit if the number of younger children is too high.
- **6.** There is a two-hour maximum time slot for each child (no exceptions).
- **7.** Parents or guardians are responsible for all diaper changes.
- 8. Parents must be in the Key Biscayne Community Center while their child is in childcare
- 9. Sick children will be denied entry to the drop-in program.
- **10.** If a child is acting in an inappropriate or disrespectful manner, the parents will be called to remove the child.

### **Toddler Room Drop-In Care Hours of Operation**

Monday - Friday 8:00 a.m.-12:00 noon

4:00 p.m.-8:00 p.m.

Saturday and Sunday Closed

- A guest may attend the Community Center a maximum of 12 times per calendar year.
- A guest may register for a class or activity provided space is available the day of the class.
- Members are responsible for the conduct of their guests, including supervision of children. Members will be responsible for any damage to equipment or facilities caused by their guests.
- A member who brings a guest who is disruptive and/or breaks the code of conduct may be subject to losing any and all privileges.

#### **Refund Policy**

It's our goal to ensure that you enjoy our recreation programs. Therefore, if you are not completely satisfied with a class or program or are unable to participate for medical reasons, please contact us immediately. Credits or refunds will be considered for anyone who makes a request before the start of the second class or program. Requests received after the start of the second class or program may entitle the participant to a prorated refund. No refund or credit requests will be considered after an activity or program has concluded. Certain Trips and Tours may be transferable but non-refundable (please check with the Front Desk). Group Exercise Punch Passes are non-transferable and non-refundable. Community Center memberships are non-transferable and non-refundable.

#### **ADA Policy**

The Village of Key Biscayne gladly complies with the provisions of the Americans with Disabilities Act. Persons needing reasonable accommodation to attend or participate in any program may call 305-365-8900. Please allow two weeks prior to the activity or need of assistance to accommodate the request.



### **ARTS & CRAFTS**

Dot Art Lab creators believe that art education stimulates innovation, creativity and critical thinking. It is their mission to support children in finding individuality and strengthening their inner self through art making and art appreciation. They create a safe environment where children can express themselves free of judgement. Students are encouraged to experiment and engage in a creative process by playfully translating feelings, problem solving and risk taking. Visual Artist Laura Villarreal and Educational Psychologist Silvina Zuain coordinate the program.





### Art Lab for Toddlers (ages 18 months-3 years)

Children will be encouraged in the development of their natural potential, curiosity and interest. They will be introduced to a variety of art materials: paint, clay, paper, wire, fabrics and much more. By exploring these materials, children will learn their endless possibilities while having fun creating experimental art pieces. Limit of 12 students per class. Class fee includes all materials and take-home projects.

•	
Days	Thursdays
Time	3:45-4:30 p.m.
Session 1 Session 2	September 3-October 15 October 22-December 10 (no class Nov. 26)
Days	Fridays
Time	10:45-11:30 a.m.
Session 1 Session 2	September 4-October 16 October 23-December 11 (no class Nov. 27)
Member Fee	\$150/session or \$28/class
Non-Member Fee	\$180/session or \$33/class

### Art Lab for Toddlers (ages 3-5 years)

Children will embark on an art adventure through the exploration of different cultures and countries from around the world. Art techniques like collage, painting and drawing will inspire children to begin their own artistic journey. Paint, clay, paper, wire and fabrics are some of the materials that will be used to create art pieces. The session includes individual as well as group projects in an environment that encourage natural curiosity and creativity. Limit of 15 students per class. Class fee includes all materials and take-home projects.

Days	Thursdays
Time	4:45-5:45 p.m.
Session 1	September 3-October 15
Session 2	October 22-December 10
	(no class Nov. 26)
Member Fee	\$150/session
Non-Member Fee	\$180/session

### **Art Lab for Kids (ages 5-10 years)**

Children will not only learn about the most influential art movements and artists in history, but also participate and enjoy hands-on projects based on famous artists. Explore Picasso, Matisse and Van Gogh among others through drawing, painting, collage, printmaking and sculpture by using a large variety of materials and techniques. Children will develop skills and techniques while producing on 2D and 3D media. Working from still life, imagination and referenced from famous artists and artistic movements, children will explore media like charcoal, paint, ink and clay to create their own pieces. Limit of 15 students per class. Class fee includes a sketchbook, all materials and take-home projects.

### **Art Lab for Kids Ages 5-8 Years**

Days	Mondays
Time	5:00-6:15 p.m.

Session 1 August 31-October 19

(no class Sep. 7)

\$280/session

\$336/session

Session 2 October 26-December 7

Member Fee \$280/session Non-Member Fee \$336/session

### **Art Lab for Kids Ages 7-10 Years**

Days	luesdays
Time	4:30-5:45 p.m.
Session 1	September 1-October 13
Session 2	October 20-December 8
	(no class Nov. 24)



# Art Lab Advanced (ages 10-15 years)

Students will have a more in-depth artistic experience through the exploration of art history and the introduction to the elements of art and the principles of design. Students will use their creativity to build art pieces in which they will be able to apply the knowledge acquired into the disciplines of drawing, painting and sculpture. Individual expression is strongly encouraged. Limit of 15 students per class. Class fee includes a sketchbook, all materials and take-home projects. Parents must contact Laura Villarreal prior to registration at 305-804-8624.

Days	Tuesdays
Time	6:00-7:15 p.m

Session 1 September 1-October 13 Session 2 October 20-December 8

(no class Nov. 24)

Member Fee \$280/session Non-Member Fee \$336/session

### Construction Design Lab (ages 6-12 years)

Through the use of construction materials, children will design and create a variety of toys by building with wood, plastic, cardboard, recyclables, household materials and art supplies using tools like hammers, nails, tape, paint and much more. In this program, students will learn about safety, mechanical and spatial comprehension and will develop fine motor skills and self-expression. Each session is theme-based. Session 1 will focus on the creation of vehicles (cars, bicycles, boats, airplanes, etc.) Session 2 will focus on the creation of musical instruments (guitars, drums, castanets, etc.). Class includes a sketchbook, all materials and take-home projects.

Days	Wednesdays
Time	5:00-6:00 p.m

Session 1 September 2-October 14
Session 2 October 21-December 9

(no class Nov. 11 or 25)

Member Fee \$280 (Session 1)

\$240 (Session 2)

Non-Member Fee \$336 (Session 1)

\$288 (Session 2)









**Member Fee** 

**Non-Member Fee** 





### 3D Art & Ceramics with Ms. Meme

Artist and art educator Meme Ferré (known as "Ms. Meme") is the new Art Teacher at the Key Biscayne K-8 Center. Ms. Meme has taught over 10,000 children in the Miami-Dade County Public Schools over the last 20 years. This fall she will bring her artistic talents to the Community Center to help students express themselves in 3D. In the Monday classes, students will learn to create sculptural projects from clay with the basic methods of hand-building, coiling and pinching. They will create a variety of functional objects and 3D sculptural art pieces. In the Wednesday classes, students will create masks and 3D sculptural art pieces using plaster gauze and paper mâché. They will create a variety of wild and wacky masks and 3D sculptural art pieces such as robots and imaginary beings. Classes are limited to 10 students so please register early. Students must register for the entire session (pro-rating is not allowed). Visit www.MemeArte.com for more information about Ms. Meme and her various works.

Ages	7-12 years
Location	Arts & Crafts Room

Meme Ferré

Instructor

### **Monday Classes: Ceramics**

Time 3:30-4:30 p.m. Session 1 August 24-October 5 (no class Sep. 7 or 14) Session 2 October 12-November 9 Session 3 November 16-December 14 **Member Fee** \$180 (5-week session) Non-Member Fee \$216 (5-week session) \$50 (paid directly to instructor) **Materials Fee** 

Wednesday Classes: Plaster Gauze Paper Mâché		
Time	3:30-4:30 p.m.	
Session 1	August 26-October 14 (no class Sep. 23)	
Session 2	October 21-December 16 (no class Nov. 11 or 25)	
Member Fee	\$252 (7-week session)	
Non-Member Fee	\$302 (7-week session)	
<b>Materials Fee</b>	\$50 (paid directly to instructor)	



### **Jewelry Design**

Create customized, stylish jewelry that's ready for you and your friends to wear! Choose from a huge selection of hot colors, textures and unique beads to make one-of-a-kind pieces. Judi Koslen has been sharing her jewelry-making expertise with Key Biscayners of all ages for decades and will gladly help you unleash your creativity. Basic materials are included in the class fee.

Ages	4 years and up
Days	Tuesdays and Thursdays
Time	3:00-6:00 p.m.
Location	Second Floor Lobby
Session	Ongoing
Instructor	Judi Koslen
Member Fee	\$10 per class
Non-Member Fee	\$12 per class

### **ROBOTICS & CODING**

### **LEGO® Robotics Workshops**

Whether you are a beginner or an advanced robot builder, these workshops will teach you how to be an engineer by learning basics in programming, playing with LEGOS®, building sturdy robots and giving you more practice time. Class fee includes the cost of materials. Don't miss this unique opportunity to learn from a robotics specialist! Refunds or credits must be requested at least 24 hours in advance of each workshop.

Ages 7-11 years

Time9:00 a.m.-12:00 noonDatesSaturdays: September 19,

October 24, November 14

& December 12

**Location** Arts & Crafts Room

**Instructor** Maria Teresa Valle

Member Fee \$60 each Non-Member Fee \$72 each

### **Coding Club for Beginners**

Coding enables us to create computer software, applications ("apps") and websites. Your browser, your operating system (OS), and the apps on your phone are all made with code. Learning code, like Java, enables children to develop logical thinking and improve problem-solving skills. It helps them be the creators of technology, not just the users, leading them to better understand computers in our automated world. Class is limited to 15 students.

Ages 6-10 years

Days Tuesdays

Time 5:00-6:00 p.m.

Location Computer Lab

Session September 8-December 1

(no class Nov. 24)

**Instructor** Maria Teresa Valle

Member Fee \$216 (12 classes)
Non-Member Fee \$259 (12 classes)





### MAKER WORKSHOPS

Miami Maker Kids offers workshops that hark back to a time when building, repairing and improving the products in our lives was more common. People were "makers" before the term even existed. Miami Maker Kids reintroduces that lost spirit of innovation and ingenuity into the lives of a new generation of makers. In these workshops, you will work with simple tools and materials to design and build some amazingly creative projects: paper rockets that soar hundreds of feet on a "puff" of air; small wood bridges that can hold 100 pounds or more before collapsing and creative cardboard cars that protect their egg occupants in a crash test. These are just a few examples of the engineering design challenges and other creative projects you'll do in our workshops. Each Saturday involves a different project, so come to one, two or all six of the workshops! Enrollment is limited to 10 children so please register early. Refunds or credits must be requested at least 24 hours in advance of each workshop. For more information, visit www.MiamiMakerKids.com or email MiamiMakerKids@gmail.com.

Ages 7-11 years

Time 9:00 a.m.-12:00 noon

Dates Saturdays: September 26, October 10, October 17,

November 7, November 21 & December 5

**Location** Arts & Crafts Room

Instructor Miami Maker Kids

Member Fee \$60 each Non-Member Fee \$72 each





*Name*Maria Fernanda Artunez

*Originally from*Sao Paulo, Brazil

How long have you lived on the Key?
4 years

School

Key Biscayne K-8 Center

### Hobbies

Doing gymnastics and playing with American Girl

Favorite activities at the Community Center

Broadway Dance, American Gymsters and Judi's jewelry design class

### **TODDLER & YOUTH FITNESS**

### **Mini Tennis**

Looking for a fast, fun way to get kids into tennis—and keep them playing? QuickStart Tennis, by the United States Tennis Association, is an exciting new play format for learning tennis, designed to get kids excited about the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to a child's age and size. Now any child between the ages of 3 and 6 can start playing tennis almost immediately, even if he or she has never picked up a racquet.

Session 1 Session 2	September 1-October 1 October 6-November 5
Session 3	November 10-December 17
Instructor	(no class Nov. 24 or 26) Jorge Ribas and Ricardo Mena
Days Location	Tuesdays and Thursdays Gymnasium

 Ages
 3-4 years

 Time
 2:30-3:00 p.m.

 Member Fee
 \$130 (2x/week) or \$85 (1x/week)

 Non-Member Fee
 \$150 (2x/week) or \$100 (1x/week)

 Ages
 5-6 years

 Time
 3:00-3:45 p.m.

 Member Fee
 \$150 (2x/week) or \$90 (1x/week)

 Non-Member Fee
 \$175 (2x/week) or \$110 (1x/week)



Tri4Kidz Youth Triathlon Team was founded in 2009 and is managed by USA Triathlon Level 1 Certified Coach Liliana "Lilly" Montes. As the first United States Tennis Association (USTA) Triathlon Sanctioned Club in South Florida, this family-oriented, recreational and competitive triathlon club for youth nurtures growth and development both in the sport of triathlon and in living a healthy lifestyle. The program is open to children ages 6 to 15, and while previous experience is not necessary, participants should be able to swim 25 yards using the freestyle stroke, confidently ride a bike without training wheels and run for 10 minutes continuously. Participants must use a bicycle helmet and must sign a waiver when registering. For more information, visit www.Tri4Kidz.com or contact Coach Lilly at Info@Tri4Kidz.com or 786-873-1234.

Ages Location	6-15 years Varies
Session 1	August 24-October 1 (pro-rated)
Session 2	October 5-29
Session 3	November 2-26
Session 4	November 30-December 17 (pro-rated)
Instructor	Liliana Montes
Member Fee Non-Member Fee	\$150 (2x/week) or \$180 (4x/week) \$180 (2x/week) or \$216 (4x/week)

### **Training Team**

Days	Mondays (Bike)
Time	4:00-5:00 p.m.
Days	Tuesdays and/or Thursdays (Swim)
Time	5:00-6:00 p.m.
Days	Wednesdays (Run)
Time	5:00-5:45 p.m.

#### **Competitive Team**

Compentive	Icalli
Days	Mondays (Bike/Bricks)
Time	5:00-6:15 p.m.
Days	Tuesdays and Thursdays (Swim)
Time	6:00-7:00 p.m.
Days	Wednesdays (Run)
Time	6:00-7:00 p.m.



### **Kidokinetics**

Kidokinetics is the "fun way to fitness" where your child will learn a new sport each week. Kids will be introduced to the basics of each sport in a fun and non-competitive atmosphere. Activities include soccer, hockey, tennis, basketball, volleyball, football, golf, hula-hoops, obstacle courses, T-ball and more. Kidokinetics focuses on individual achievement to improve the child's self confidence. T-shirts can be purchased for an additional \$10 fee. For more information, call 954-385-8511 or visit www.KidoKinetics.com.

**Ages** 3-6 years **Days** Thursdays 4:30-5:15 p.m. Time Location Island Room

**Session 1** September 10-October 22 Session 2 October 29-December 17

(no class Nov. 26)

**Member Fee** \$84 **Non-Member Fee** \$101

### SPECIAL PROGRAMS

### **Homework Club**

Catch up on class work or fine-tune your academic skills with this after school club.

Ages

**Days** Mondays, Tuesdays and Thursdays

Time 2:30-3:30 p.m. Location Game Room

**Member Fee** Free **Non-Member Fee** \$6 per day

### **Dodgeball Club**

Have fun with this club for dodgeball fanatics.

Grades 3-8 Ages Wednesdays **Days** Time 2:30 p.m. Location Gymnasium

Fee Every child pays \$5 per month

### **BABY AND TODDLER**

### Storytelling Lab

Enjoy stories, rhymes, books, puppets and songs while building early literacy skills with your curious toddler. Creative play and movement will be the focus of this special story time. Children will be surprised each week with a fun activity, while building vocabulary, language development, listening comprehension and creative expression. Limit of 15 students per class.

**Session 1** 12 months-3 years August 31-October 19 **Days** Mondays (no class Sep. 7) Session 2 October 26-December 7 Time 9:30-10:30 a.m.

Location Game Room **Member Fee** \$154 Non-Member Fee \$185

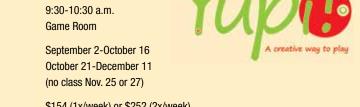
### Mommy and Me (Yupi!)

A bilingual (English and Spanish) program created for parents/caregivers and their child that offers joyful and innovative experiences by promoting social, emotional, cognitive and physical growth. In each class, children are invited to explore with non-conventional materials such as feathers, cardboards, fabrics, recycled bottles and much more. Limit of 15 students per class.

Ages 9 months-3 years Wednesdays and Fridays **Days** Time 9:30-10:30 a.m. Location

September 2-October 16 Session 1 Session 2

**Member Fee** \$154 (1x/week) or \$252 (2x/week) **Non-Member Fee** \$185 (1x/week) or \$302 (2x/week)







*Name* Guillermo Onieva

*Originally from* Spain

How long have you lived on the Key?

1 year

School

Key Biscayne K-8 Center

Hobbies

Playing soccer and bike riding

Favorite activities at the Community Center

Jungle Gym

### **MUSIC AND PERFORMING ARTS**

### **Kids Make Music**

Give your child the gift of music! This program provides an opportunity for young children to experience, explore and create music in a relaxed and playful environment. Classes meet once a week for 45 minutes to sing, chant, move, dance and jam! Sessions are 4 weeks long and may not be pro-rated.

Ages	1 year and up
Days	Tuesdays
Time	9:30-10:15 a.m.
Location	Game Room
Session 1	September 1-22
Session 2	September 29-October 20
Session 3	October 27-November 17
Session 4	November 24-December 15
Instructor	Angeles Padilla
Member Fee	\$90/session or \$25/class

\$108/session or \$30/class

#### **Ultimate Guitar**

This class is designed for young guitar players who are just discovering their love of the instrument or are already at an intermediate level. Taught using a highly effective curriculum, this class uses a multi-style approach focusing on correct technique and music reading. Children will have fun in a relaxed environment where they can play their favorite songs. Please bring your own guitar. Sessions are 8 weeks long.

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Ages	8 years and up
Days	Wednesdays
Time	2:30-3:30 p.m. (Beginner)
Time	3:30-4:30 p.m. (Intermediate)
Time	6:00-7:00 p.m. (Beginner)
Location	Island Room
Session 1	September 2-October 21
Session 2	October 28-December 16
Instructor	Angeles Padilla
Member Fee	\$180
Non-Member Fee	\$216



**Non-Member Fee** 



### **KB STRINGS ORCHESTRA**

KB Strings offers a Suzuki Fusion String Ensemble Method with the best practices of classical string techniques. Group lessons and rehearsals are fun and exciting with this strings program. Choose from violin, viola, cello or bass. Previous experience and/or audition are required for placement in the Suzuki Strings Group Class and Advanced String Ensemble. Instrumental private lessons and instrument rentals are available. Pro-rating must be approved by KB Strings staff. Students may attend any and all classes for their group level for the same session fee. For more information, please visit www.KBStrings. MyMusicStaff.com or call Ashley at 305-331-7219.

**Session Dates** 

August 31-December 18

Classes will not take place on the following dates:

Monday, September 7 Monday, September 14 Wednesday, September 23 Monday, October 5 Wednesday, November 11 Friday, November 27

### **Suzuki Strings: Beginner**

Ages 6 years and up

Days/Time Mondays, 7:00-7:45 p.m.

Days/Time Wednesdays, 2:15-3:00 p.m.

Days/Time Fridays, 3:30-4:15 p.m.

Location Island Room

Member Fee \$450 Non-Member Fee \$540

### **Suzuki Strings: Intermediate**

Ages 6 years and up

Days/Time Mondays, 7:00-7:45 p.m.

Days/Time Wednesdays, 3:00-3:45 p.m.

Days/Time Fridays, 4:00-4:45 p.m.

Location Island Room

Member Fee \$450 Non-Member Fee \$540

### **Advanced String Ensemble**

Ages By audition only
Days Mondays
Time 7:00-8:15 p.m.
Location Arts & Crafts Room

Member Fee \$420 Non-Member Fee \$504



**Payment Policy: Students** may attend group classes with approval from Ali Larson. Interested musicians are allowed to sit in on one trial class without payment. If the student decides to register for the class, the trial class is included in the session tuition. Refunds will not be given after the session has begun. Reservation of a student's space in class will be confirmed by receipt of payment only. Tuition is paid per session only, however classes can be prorated with permission from Ali Larson. Registered students may participate in or observe any string classes that are offered.





# Youth Dance Programs





### **Cheer & Dance Class**

Dance Tech Studios Miami (DTSM) offers high-quality dance education and training in a nurturing, friendly environment. This program is directed by Key Biscayne resident Jackie Vilarino Estrella, a graduate of the New World School of the Arts and Florida International University. Jackie is a former Miami Heat dancer and captain/choreographer of the Miami Dolphins cheerleaders. Payment is due in full for every 8-week session regardless of attendance. Make-up classes are available for your convenience at any of their 2 studio locations. Required uniform fee includes DTSM shirt and hair bow and is payable directly to the instructor. For more information, contact 786-287-8721 or DanceTechStudiosMiami@gmail.com.

Ages 5 years and up
Days Thursdays
Time 3:30-4:30 p.m.
Location Island Room

Session 1 August 27-October 15
Session 2 October 22-December 17
(no class Nov. 26)

Member Fee \$128 Non-Member Fee \$154

Required Uniform Fee \$25 (paid directly to instructor)

### **Ballroom & Latin Dance**

This new program is for children and teens who wish to experience the excitement, glamour and challenge of Ballroom and Latin dancing, including the Slow Waltz, Salsa, International Rumba and Merengue. Students will be introduced to a wide variety of dances and rhythms and learn good poise, proper placement of arms and basic footwork. This class will help students develop discipline, pursue goals, improve posture, balance and coordination, gain confidence and develop social skills. For more information, contact Eugenia Spotar at 305-989-1140.

Ages6-15 yearsDaysMondaysTime5:45-6:30 p.m.LocationDance Studio

Session September 21-December 14

**Instructor** Eugenia Spotar

Member Fee\$169/session or \$18/classNon-Member Fee\$202/session or \$22/class





### **Hip-Hop Kidz & Teenz**

Learn the latest hip-hop choreography to the coolest music from shows like *So You Think You Can Dance* and *America's Best Dance Crew* in a fun, creative and easy-to-learn atmosphere. In this class, your child will learn and understand musical beats and perform to awesome choreography as if they were dancing in their very own music video. Students will attain a heightened sense of self esteem and body awareness, make new friends and learn to work as a team.

Days Mondays

**Time** 4:00-5:00 p.m. (ages 7-11 years) **Time** 5:00-6:30 p.m. (ages 12-18 years)

Location Island Room

Session 1 September 14-October 26
Session 2 November 2-December 14
Instructor Ali Rae

Member Fee \$126 (ages 7-11 years) \$175 (ages 12-18 years)

Non-Member Fee \$151 (ages 7-11 years)

\$210 (ages 12-18 years)



# Youth Dance Programs

### YOUTH DANCE COMPANY OF **KEY BISCAYNE**

Let your daughter benefit from the confidence, grace, poise and discipline gained from the study of ballet and lyrical dance. This program is directed by Susana Catturini, a graduate of New World School of the Arts and the University of Florida. In Ballet I, young children will develop a strong foundation in dance and movement, while learning basic vocabulary and ballet technique at the barre, in the center and across the floor. In Ballet II, students will explore and develop a deeper understanding of the vocabulary, technique and theoretical concepts of ballet. Ballet III/Jazz is designed for girls who want to improve their ballet and jazz dance techniques, such as turns, petit allegros and big jumps with emphasis on high performance. Older and more advanced students can take Pointe & Lyrical Dance to learn or reinforce their performance on pointe shoes (beginners are welcome). Students will learn correct foot placement and body alignment to go on pointe shoes, as well as techniques required for transitioning to en point. Advanced students will benefit from learning and practicing classical variations on pointe every week. In Lyrical Dance, students will learn a variety of techniques including classical, contemporary and eclectic styles. This class is designed to improve dance techniques as well as to teach several dance combinations. Classes will conclude with a stage performance at the end of Session 2.

Session 1 August 24-October 17

(no class Sep. 7)

Session 2 October 19-December 12 Instructor

Susana Catturini and Company

Instructors

**Additional Fees** Registration and costume fees paid

directly to Susana Catturini

### Ballet I, II & III/Jazz

Mondays and Wednesdays **Davs** 

4:00-5:00 p.m. **Time** 

(Ballet ages 3-5 years)

Time 5:00-6:00 p.m.

(Ballet ages 6-8 years)

Time 6:00-7:00 p.m.

(Ballet/Jazz ages 9-13 years)

Location Island Room

**Member Fee** \$240 Non-Member Fee \$288

### **Pointe & Lyrical Dance**

Ages 11 years and up **Days** Saturdays Time 5:00-6:30 p.m. Location Dance Studio

**Member Fee** \$160 **Non-Member Fee** \$192









# Broadway Musical Theatre Program









The Broadway Musical Theatre (BMT) Program, named "one of the best theatre programs in the country" by critic Richard Cameron, presents a theatre program that trains students to become triple threat performers: unparalleled actors, singers and dancers! Each class will consist of the technical aspects of ballet, jazz, tap and improvisation to learn the various styles and choreographies of Broadway's most famous musicals. In the beginning levels, fundamental technique and style will be introduced in the three areas (dance, song and acting). In the more advanced levels, a range of styles, sophisticated technique and vocal performance will be the focus. Advanced and Company class students need permission from the instructor before they can register. For more information, go to www.BroadwayMusicalTheatre.com.

Session August 24-January 16

(16 weeks: no class Nov. 23-28

or Dec. 7-Jan. 3)

**Location** Dance Studio

Member Fee \$600 Non-Member Fee \$720

### **Broadway Group 1**

Ages 5-6 years

**Days** Tuesdays and Thursdays

**Time** 4:30-5:30 p.m.

### **Broadway Group 2**

Ages 7-8 years

Days Mondays and Fridays
Time 3:30-4:30 p.m.

### **Broadway Group 3**

Ages 9-12 years

Days Mondays and Fridays
Time 4:30-5:30 p.m.

### **BMT ADULTS**

This is an open call for adults to learn ballet and other aspects of musical theatre. At the end of the course, participants will take part in a full production (past shows include *Mamma Mia!* and *Chicago*) and join our famous Broadway family. Session is 12 weeks long.

Session

Sep. 16-Jan. 6

(no class Nov. 23-28

or Dec. 7-Jan. 3)

Days Wednesdays
Time 12:00-1:30 p.m.

**Location** Dance Studio

Member Fee \$300

Non-Member Fee \$360

### **BROADWAY ADVANCED**

Advanced classes are designed for students with strong skills in at least two of the following areas: singing, dancing or acting.

Session August 24-January 16

(16 weeks: no class Nov. 23-28

or Dec. 7-Jan. 3)

Member Fee \$650 Non-Member Fee \$780

### **Advanced Group I**

Ages 7-9 years

Days Tuesdays and Thursdays

 Time
 3:30-4:30 p.m.

 Days
 Wednesdays

 Time
 3:00-4:15 p.m.

### **Advanced Group II**

 Ages
 10-13 years

 Days
 Wednesdays

 Time
 4:15-5:30 p.m.

 Days
 Saturdays

 Time
 12:30-3:00 p.m.

### **BROADWAY COMPANY**

Company classes are designed for the "Triple Threat" students who have a strong foundation in all three areas: singing, dancing and acting. Advanced workshops will be held every Saturday and some Sundays for special guest teachers and rehearsals. Company classes are for serious students who will participate in a semi-professional production. Classes are taught by experienced instructors and are by invitation only.

Session August 29-January 16

(16 weeks: no class Nov. 23-28

or Dec. 7-Jan. 3)

Member Fee \$450 Non-Member Fee \$540

Ages By audition only
Days Saturdays
Time 12:30-4:30 p.m.
Days Sundays - TBA

# Maria Verdeja School of the Arts

The Maria Verdeja School of the Arts has been serving the Miami community for over 28 years at three dance studios. They proudly offer classes in various dance styles, including ballet, pointe, jazz, lyrical, tap and acro. Experienced and first-time dancers are welcomed to join the program.

### **Classical Ballet**

Considered the foundation to all dance forms, Classical Ballet is the contrast between strong leg movements and the graceful upper body.

\*Participants are required to take ballet twice per week.

### **Lyrical Dance**

Lyrical dance is the fusion of ballet and jazz techniques. Dancers use motion to interpret music and express emotion.

### **Jazz**

This exciting dance form is set to pop music where dancers show off energetic skills such as high kicks and large jumps.

### **Tap**

A form of dance that uses quick and precise footwork to create rhythmic sounds and syncopation with the tap shoe.

#### Acro

This tumbling course develops balance, coordination, strength and elasticity by perfecting skills in dance stunts and flips.

GROUP LEVELS	
Grade	Group
Pre-K3	Pink
Pre-K4	Mint/Acro 2-3-4/Tap 2-3-4-5
Kindergarten	Fuscia/Jazz 3-4/Tap 3-4/Acro 2-3-4/ Tap 2-3-4-5
1st Grade	Yellow/Jazz 3-4/Acro 2-3-4/Tap 2-3-4-5
2nd Grade	Red/Jazz 5-6/Acro 5-6/Tap 2-3-4-5
3rd Grade	Lilac/Jazz 5-6/Lyrical 6-7/Acro 5-6/ Tap 6-7-8-9
4th-5th Grade	Royal/Jazz 7/Lyrical 6-7/Acro 7/Tap 6-7-8-9
6th-8th Grade	Burgundy/Jazz 8-9/Lyrical 8-9/Acro 8-9/ Tap 6-7-8-9
8th-12th Grade	Navy/Jazz 8-9/Lyrical 8-9/Acro 8-9/ Tap 6-7-8-9
Placed by Instructor	Pointe

Session 1	August 24-October 16
	(no class Sep. 7)
Session 2	October 19-December 18
	(no class Nov. 11, 25, 26 or 27)

FEES Classes/Week	Session 1 Member	8 weeks Non-Member
1 class	\$144	<b>\$173</b>
2 classes	\$256	\$307
3 classes	\$336	\$403
4 classes	\$384	\$461
5 classes	\$440	\$528
6 classes	\$480	\$576

No charge for 7th and 8th classes

FEES Classes/Week	Session 2 Member	9 weeks Non-Member
1 class	\$162	\$194
2 classes	\$288	\$346
3 classes	\$378	\$454
4 classes	\$432	\$518
5 classes	\$495	\$594
6 classes	\$540	\$648

No charge for 7th and 8th classes

Additional Fees: Information about annual registration, uniforms and costume fees are provided by instructors. These fees are paid directly to Maria Verdeia School of the Arts.









# Fall & Winter Break Camps

### RAT'S DAY OFF & WINTER DAY CAMPS

When Key Rats are off from school for teacher planning days and winter break, they can spend the day having fun in a safe environment. Each full-day program offers a variety of activities, which may include computer lab, movies, arts and crafts, games, sports, swimming, field trips and much more. Lunch is not included, so please don't forget to bring your own. Please register in advance to ensure proper staffing and child supervision.

Ages K-8th Grade
Time 8:00 a.m.-3:00 p.m.
Dates Monday, September 14

Wednesday, September 23 Friday, October 30 Wednesday, November 25

Monday, December 21

Member Fee\$35 per dayNon-Member Fee\$42 per day

**Late Care** 3:00-6:00 p.m.

Member Fee \$15 per day Non-Member Fee \$18 per day Tuesday, December 22 Wednesday, December 23 Monday, December 28 Tuesday, December 29 Wednesday, December 30



### **MARINE BIOLOGY CAMP**

Gerard Loisel, an NSU adjunct professor, has taught marine biology tostudents of all ages for more than four decades and was the host of the PBS television series *Marine Aquarium World*. During camp kids will explore the intertidal zone at Bear Cut, learn about interesting marine animals, visit Bill Baggs State Park, learn to tag fish for scientific research and much more. Participants must register for entire session (pro-rating is not allowed). Please bring your lunch for the September 23rd day camp.

Ages 8-14 years

### Sep. 23 Teacher Planning Day Camp

Time 9:00 a.m.-4:00 p.m.

Date Wednesday, September 23

Member Fee \$65 Non-Member Fee \$78

### **Winter Break Camps**

Time 9:00 a.m. -1:00 p.m.

Session 1 Monday-Wednesday: Dec. 21-23
Session 2 Monday-Wednesday: Dec. 28-30

Member Fee\$135 per 3-day sessionNon-Member Fee\$162 per 3-day session

### **SPORTS CAMPS**

Calling all sports enthusiasts! Whether you're a sports pro or want to learn some new skills, you'll have a blast in Tony Goudie's sports camps. Tony offers a fun-filled camp experience where you'll make new friends and memories to last a lifetime. This is a non-competitive environment where you can play your favorite games and perhaps learn a new sport.

Ages 6-14 years

Dates Monday, September 14

Wednesday, September 23 Friday, October 30 Wednesday, November 11 Wednesday, November 25

December 21-24 December 28-31

Time 10:00 a.m.-2:00 p.m.
Location Village Green & Gymnasium

Member Fee \$35 per day Non-Member Fee \$42 per day

### **ATHLETICS**

**Evaluations** 

The Village of Key Biscayne and the Youth Athletics Advisory Board have developed policies, procedures, fees and registration deadlines for new and returning players. Please visit www.Activelslander.org or call the Athletics Department at 305-365-8900 for more information.

### **GIRLS VOLLEYBALL**

Junior, Senior & Advanced Divisions (based on skill level)

Ages Girls ages 9-15 as of September 1

Registration August 13-19 (Returning players only)

August 20-26 (Open registration)

August 28-September 4

(Mandatory player evaluations)

Season September 9-November 20

Monday, Wednesday & Friday evenings

#### **CO-ED BASKETBALL**

Ages Boys and girls ages 5-14 as of September 1

**Registration** September 18-November 3

**Evaluations** TBA

Season November 30-March 5

Monday, Wednesday & Friday evenings

### **FIELD HOCKEY**

AgesBoys and girls ages 5-18RegistrationAugust 17-September 2SeasonBegins September 3Tuesdays & Thursdays

E-mail KBFieldHockey@gmail.com for more information.

#### **RUGBY**

Ages Boys ages 5-19
Registration Begins September 1
Season Begins October 2015

Wednesday evenings & Sunday mornings

Information available at www.RugbyRats.com or by e-mailing Info@RugbyRats.com.

#### **ADULT SOFTBALL**

Ages Men and women over the age of 18

**Registration** Begins October 7

### **SOCCER**

The Key Biscayne Soccer Club serves boys and girls ages 3 to 16 years of age. Programs include Pee Wee, Intramural/Recreational and Competitive Travel (tryout required).



For more information, please visit www.KeyBiscayneSoccerClub.com or email webmaster@KeyBiscayneSoccerClub.com.

### **Key Biscayne Basketball Academy**

Take part in this action-packed basketball program designed to strengthen a player's game and spirit. Boys and girls will learn good sportsmanship, develop strong playing skills and build lasting friendships.

Ages	6-14 years	Sessions	4-week sessions
Days	Mondays and		begin August 24
Times  Beginners  Intermediate	Fridays 3:00-4:00 p.m.	Member Fee Non-Member Fee	\$150 (Beg) \$200 (Int/Adv) \$180 (Beg)
& Advanced	4:00-5:30 p.m.		\$240 (Int/Adv)



### **GYMNASTICS**

**Ages** 

Join the American Gymsters coaches and staff for an outrageously good time! Boys and girls of all gymnastics skill levels will have a great time working on the vault, beam, bars, floor and trampoline... along with other fun activities! The year will end with special gymnast appreciation activities.

Location	Gymnasium	
Session 1	August 25-October 17	
Session 2	October 20-December 19	
	(no class Nov. 24 or 28)	

4 years and up

Days	Tuesdays	Member Fee	\$200 (1x/week)
Times			\$360 (2x/week)
Kinder	3:30-4:25 p.m.	Non-Member Fee	\$240 (1x/week)
Beginners	4:30-5:25 p.m.		\$430 (2x/week)
Intermediate	5:30-6:25 p.m.	<b>Additional Insurance</b>	
Advanced &		Payment	\$70 per year
Pre-Team	6:30-8:00 p.m.		(made payable
Davis	Catuudaya		to American
Days	Saturdays		Gymsters)
Times		<b>A</b> :	ayinotoro)

mes
Kinder, Beginners
& Intermediate 9:00-10:00 a.m.
Advanced &
Pre-Team 10:00-11:30 a.m.



# Team Key Aquatics



### Interested in joining TKA?

Please contact Coach Iggy at 305-302-6929 prior to registering.

Practice days and times are subject to change.







TKA **Swimfit** aims to take every athlete to their prime fitness level. Seamlessly mixing aquatic training with dry-land exercises, TKA coaches use a special method that balances swim stroke training and dry-land workouts simultaneously. Focusing on each and every muscle group, Swimfit is the most effective way to safely exercise and stay fit.

**Swimfit** is a conditioning program that mixes swim stroke training, swimming sprints, running sprints, push-ups, pull-ups, sit-ups, squats, lunges and other functional movements. The more muscles worked, the more calories burned. The group workouts are short, highly intense and constantly changing, making them fun yet challenging. Our goal as coaches is to make our athletes functionally fit.

4-Week Sessions	August 24-December 18
Member Fee	\$150 (1-3 times/week)
	\$200 (4 times/week)
	\$250 (5 times/week)
Non-Member Fee	\$180 (1-3 times/week)
	\$240 (4 times/week)
	\$300 (5 times/week)

### 3:05 Swimfit Crew

3:05 Swimfit Crew swimmers include "early dismissal" athletes who are introduced to swimming as a fun sport. Focusing on breathing bubbles and basic kicking and freestyle techniques, 3:05 Crew swimmers learn the first elements necessary for a strong swimming foundation. The love and passion for swimming are introduced at this level.

Days	Mondays, Wednesdays, Fridays
Days	Tuesdays, Thursdays, Fridays
Time	3:05-3:35 n m

### 3:40 Swimfit Crew

3:40 Swimfit Crew swimmers, slightly older than the 3:05 Swimfit Crew, are also introduced to swimming as a fun sport. They are coached on basic stroke technique and are taught entry-level drills and exercises. Focusing on freestyle, swimmers learn the first stroke necessary for a strong swimming foundation. The love and passion for swimming are further reinforced at this level.

Days	Mondays, Wednesdays, Fridays
Days	Tuesdays, Thursdays, Fridays
Time	3:40-4:10 p.m.

### 4:15 Swimfit Crew

4:15 Swimfit Crew swimmers emphasize proper stroke technique as well as speed work and interval training. This group begins to practice the breast stroke, further strengthening their foundation in the basics. Freestyle is worked on with more emphasis and technique. Aerobic conditioning drills are introduced in this group.

Days	Mondays, Wednesdays, Fridays
Days	Tuesdays, Thursdays, Fridays
Time	4:15-4:45 p.m.

### 4:50 Swimfit Crew

4:50 Swimfit Crew swimmers increase their exercise load to 45 minutes per practice and begin to work on race strategy and advanced speed and interval training. This group begins to work on the butterfly stroke, getting even closer to the individual medley. Freestyle and breast stroke drills and techniques are emphasized in greater detail.

Days	Mondays, Wednesdays, Fridays
Days	Tuesdays, Thursdays, Fridays
Time	4:50-5:35 p.m.

#### 5:40 Swimfit Crew

5:40 Swimfit Crew swimmers increase their exercise load to 1 hour per practice and begin to work on race strategy and advanced speed and interval training. This group finishes the individual medley with the introduction of the backstroke. Training in all four strokes will prepare these swimmers for racing in the individual medley during their high school years.

Days	Mondays, Wednesdays, Fridays
Days	Tuesdays, Thursdays, Fridays
Time	5:40-6:40 p.m.

### **Masters Crew**

Swimmers in TKA's Masters pride themselves on swimming better and faster. High school athletes, triathletes and adult swimmers benefit from interval and speed based workouts as well as stroke technique training. TKA Swimfit coaches successfully supplement in-pool training with training outside of the pool.

Days	Mondays, Tuesdays, Wednesdays,
	Thursdays
Time	6:45-7:45 p.m.

# Swim Kids Swimming School

### \*Parents & Me: Ages 4-24 months

Ideal for babies, this Parents & Me class is an opportunity for parents to spend quality time with their children. The instructor will introduce basic swimming and water survival skills. Each class requires a minimum of 3 children. Please check with the front desk for class days and times.

### **Turtles: Ages 2-3 years**

Toddlers will be introduced to the basics of swimming and later learn freestyle strokes such as arrows, circles, airplanes, as well as dolphin and frog kicks.

### **Jellyfish: Ages 4-6 years**

Once basic swimming and survival skills are mastered, children will learn fun mini-strokes such as arrows, circles, airplanes, back float, front float, dolphin and frog kicks.

### **Dolphins: Ages 7-9 years**

The emphasis at this level will be on timing and swimming strokes.

### **Sharks: Ages 10 years and up**

Advanced strokes are introduced at this level and then developed and refined, preparing the child for competition and a lifetime of physical endurance and fitness.

### \*Adults: Ages 18 years and up

It's never too late to learn or refresh your swimming skills. Swim Kids offers private and group swimming lessons for adults as well. Please check with the Front Desk for class days and times.

#### **Class Options and Fees**

Private Lessons (1 Swimmer/1 Instructor/8 Lessons)

Class Duration30 minutesMember Fee\$400Non-Member Fee\$480

#### **Semi-Private Lessons**

(2 Swimmers/1 Instructor/8 Lessons)

Class Duration 30 minutes
Member Fee \$240
Non-Member Fee \$288

#### **Group Lessons**

(3-10 Swimmers/1 Instructor/4 week session)

Class Duration 30-40 minutes

Once per week

Member Fee \$80 Non-Member Fee \$96

Twice per week

Member Fee \$140 Non-Member Fee \$168

#### **Necessary Equipment**

Bathing suit, bathing cap and goggles.

\* Parents & Me and Adult classes begin when minimum registration numbers are met. Please call Swim Kids prior to registering to inquire about next start date and time.

For questions or more information, please call Swim Kids at 305-262-SWIM (7946) or log on to www.swimkidschool.com.











# Vero Yoga & Co.





### **EMPOWERING YOGA BY VERO YOGA & CO.**

Empower yourself, get strong and get in shape, while bringing freedom to your mind with this empowering yoga program. All levels are welcome.

Key Biscayne resident Veronica Vidal is the founder of VeroYoga, a powerful blend of physical poses (asanas), breathing techniques (pranayamas), meditation and visualization techniques. "Vero" means true in Italian, VeroYoga means true yoga—traditional ancient yoga for people that live in today's world. VeroYoga's system invigorates, purifies and strengthens the body to move beyond physical and psychological barriers.

Veronica has been practicing yoga since childhood. She is certified as a yoga master by Sri Dharma Mittra from New York City. Her long list of yoga certifications include Ashtanga Yoga I, II and III; Forrest Advanced, Kundalini and Integral Yoga, among others.

Veronica studied in India at the Bihar School of Yoga. For over 25 years she has been under the personal guidance of the well-known yoga master from India, Swami Brahmavidyananda Saraswati. She teaches her method through regular classes, training teachers, as well as in workshops in the United States and abroad. For more information, please visit www.VeroYoga.com.

Member Fee \$18 per class or

\$130 per ten-class punch pass

Non-Member Fee \$21 per class or

\$160 per ten-class punch pass

Location Island Room

Instructor Veronica Vidal

#### **Multi-Level I**

This sequence synchronizes conscious breathing with a progressive series of slow and deep movements. It stimulates flexibility and strength, oxygenation and health to every muscle, tendon, articulation and organ of the body. These yoga poses improve circulation and rejuvenate every cell. Main emphasis is placed on breath awareness to restore vitality, overall health and to induce a calm state of mind. This class is a great complement for rigorous athletic training. Pregnant women, beginners and students at all levels are welcome in this class.

Time 8:30-10:00 a.m.

Days Mondays, Wednesdays & Fridays

Session Ongoing beginning August 10

### **Multi-Level II-III**

Take your yoga to the next level with this intense and invigorating Vinyasa-style of VeroYoga. This unique and physically demanding sequence is aimed to challenge your yoga practice and meet your personal goals. Be prepared to focus on breathing, sweating, stretching and strengthening using this transformative method. You will receive personalized attention to assist you in promoting your total physical and mental well-being. This class is more intense than Multi-Level I, thus better suited for intermediate and advanced students.

Time 8:30-10:00 a.m.

Days Tuesdays, Thursdays & Sundays

Session Ongoing beginning August 10





# Group Exercise & Yoga Classes

### **YOGA CLASSES**

Considered both physical and mental therapy, practicing yoga has numerous benefits including improving flexibility, strength and muscle tone as well as managing stress and preventing disease. As a Community Center member, why not sign up for one of our cost-effective yoga classes and start reaping the health benefits today? No previous experience is required.

Ages 16 years and up

Member Fee \$9 per class

Non-Member Fee \$15 per class

### **Yoga with Arbey**

You'll break a sweat in this fun and challenging class that will help you build strength and flexibility of both body and mind. Each class is designed with a combination of asanas from various styles of yoga.

Days Mondays, Wednesdays and Fridays Time 10:00-11:30 a.m.

Instructor Arbey Quiceno

### **Yoga Core & Stretch**

This class uses gentle yoga techniques and stretching to develop the abdominal core and improve flexibility. No previous experience required.

DaysTuesdaysTime9:30-11:00 a.m.InstructorArbey Quiceno

### **Power Yoga & Stretch**

This class is designed to safely build a strong abdominal core through yoga techniques and stretching. Ideal for athletes and those interested in a mentally and physically challenging class. Participants will leave feeling energized and inspired.

Days Mondays and Wednesdays

 Time
 7:00-8:30 p.m.

 Days
 Saturdays

 Time
 9:30-11:00 a.m.

Instructor Kerstin Eskeli

### **GROUP EXERCISE CLASSES**

The Community Center offers a variety of fun and affordable group exercise classes. The following rules and regulations are enforced to ensure the safety and well-being of our members.

- You must be at least 15 years of age to participate in a group exercise class.
- No person under the age of 15 may be in the room while a group exercise class is taking place.
- Bring your valid punch pass along with your ID to class.
- Always provide your name to the attendant when you attend a class.
- Classes may fill up quickly (especially spinning classes) so make sure to arrive early to secure your spot.
- Do not enter a class in progress unless the instructor has indicated you can do so.
- Please wear appropriate clothing and footwear. Opentoed shoes (including flip-flops) are not permitted.
- Yoga mats will be available for use. If you practice yoga regularly, you may want to consider purchasing a mat.
- Always bring a sweat towel and water bottle to class.

### **Class Descriptions**

**Body Sculpting**—Body bars, hand weights and balls are used in this 55-minute class to tone all the major muscles in your body and increase muscle endurance.

**Spinning**—The ultimate indoor cycling experience. You control the resistance and cadence to make the class as challenging as you need it to be!

**Latin**—Work out Latin style with fun dance moves. An excellent class for all fitness levels and dance skill levels.

**Step**—This 55-minute class is devoted to non-stop cardiovascular exercise utilizing the step. This class is moderate-to-high intensity with some abdominal work.

### **Group Exercise Schedule**

The most current and up-to-date Group Exercise Schedule can always be found at the Community Center Front Desk or by visiting www.Activelslander.org.

### **Group Exercise Pass Prices**

Single	
Members	\$9
Non-Members	\$15
5 Pack	
Members	\$35
Non-Members	N/A
10 Pack	
Members	\$60
Non-Members	N/A
20 Pack	
Members	\$100
Non-Members	N/A

Packages are not valid for yoga classes or non-members. Passes are non-transferable and non-refundable.





# Fitness Programs and Classes









### **Swimming Endurance**

This program is open to all adult swimmers, from beginners to competitive swimmers, who are dedicated to improving their fitness and strength. In an atmosphere that promotes physical fitness, personal challenge, teamwork and social camaraderie, Swimming Endurance serves the needs of swimmers of all ages and at all levels with different workouts provided by a professional coach. For more information, contact Coach Lilly at info@tri4kidz.com or 786-873-1234.

Days	Mondays-Thursdays	
Гime	8:45-10:00 a.m.	
ocation	Pool	

ocation Poo

Sessions 4-week sessions begin

August 25

**Instructor** Liliana Montes

Member Fee \$150 (4 weeks) Non-Member Fee \$180 (4 weeks)

### **Triathlon for Adults**

Triathlete Sports presents a multi-sport program dedicated to physical health and improved athletic performance. Experienced coaches offer a group training system for athletes preparing for competitive races or those who want to maintain a competitive edge. Participants will receive weekly training sessions in swimming, biking and running. This program is led by Edwin Vargas, former professional triathlete. He trained for 16 years in the Olympic cycle, qualified for IronMan Kona, Team USA 2014 World Championship. Edwin has coached amateur and professional athletes for 15 years. For more information, contact Coach Edwin at 786-873-1563 or CoachEdwinVargas@gmail.com.

Ages 20 years and up

Days Tuesdays and Thursdays (swim)
Time 6:30-7:45 a.m. or 7:45-8:45 p.m.

DaysWednesdays (run/bike)Time6:45-8:00 p.m.DaysSaturdays (run/bike)

Time TBA Location Varies

Sessions 4-week sessions begin

August 25

Instructor Triathlete Sports Instructor

Member Fee \$170 (4 weeks) Non-Member Fee \$204 (4 weeks)

### HEALTHY AGING FOR OLDER ADULTS

The Key Biscayne Community Center provides programs that promote health and help prevent disease in older adults. We partner with the Active Seniors on the Key (ASK) Club, an initiative of the Key Biscayne Community Foundation, to create physical and social opportunities that improve the quality of life for older adults in our community.

Programs are taught by qualified fitness instructors who specialize in older adults. All Key Biscayne seniors are welcome to participate in these programs (some programs do have minimum age requirements). Advanced registration at the Front Desk is required to participate in all programs. For additional information, please contact Roxy Lohuis-Tejeda, Adult & Senior Programs Coordinator, at 305-365-8953.

### FITNESS CENTER ORIENTATION FOR SENIORS

Senior fitness specialist and personal trainer Marilyn Myles will provide those with a Seniors' Membership at the Community Center with an orientation of the Fitness Center equipment and exercises appropriate for older adults. Please inquire at the Front Desk for the monthly schedule.



# Senior Fitness Programs and Classes

### Improving Balance Through

Tai Chi is a centuries-old Chinese practice that exercises the mind and body through a series of gentle, flowing postures creating a kind of synchronized dance. All levels are welcome. Advanced registration at the Front Desk is required.

Days Fridays (Island Room) and

Sundays (Village Green)

**Time** 8:30 a.m.

Session Ongoing

**Instructor** Marius Robinson

Fee Free

### Balance Chair Exercise Group

Older adults are invited to this fun and interactive group that meets to exercise their minds, bodies and spirits. Enjoy a free cup of coffee and stimulating social interaction. Advanced registration at the Front Desk is required.

Days Mondays, Thursdays and Saturdays

Time 10:15-11:15 a.m.
Location Adult Lounge

Session Ongoing

Instructor Marilyn Kreisberg

Fee Free

### **Enhance Fitness**

Are you ready to get energized? Enhance Fitness is a low-cost, evidenced-based exercise program that helps older adults (age 60 and over) at all fitness levels become more active. Tested at over 80 sites nationwide, Enhance Fitness focuses on stretching, flexibility, balance, low impact aerobics and strength training exercises.

DaysMondays, Wednesdays and FridaysTime10:00-11:00 a.m. (Level I)Time2:00-3:00 p.m. (Level II)Time5:30-6:30 p.m. (Level II)

Community Room
(1st floor, Village Hall)

Session August 31-December 18

**Instructor** Marilyn Myles

Fee \$140 (16 weeks)

### **AFFORDABLE SENIOR FITNESS CLASSES**

The Community Center is now providing the following classes at an affordable price with a punch-pass system that entitles participants to take any of these 3 senior fitness classes at their convenience. Passes are non-transferable, non-refundable and may only be used for the 3 classes below.

Ages 55 years and up

Sessions Ongoing

Member Fee \$48 per 8-punch pass
Non-Member Fee \$58 per 8-punch pass

### Yoga for 55 & Older

Yoga has been shown to help alleviate or reduce many health challenges. Armed with medical knowledge and the ability to modify poses to accommodate specific health issues, an experienced instructor helps students augment their energy and vitality, enhance range of movement, increase stability and improve respiratory systems. Class is limited to 12 students.

Days Tuesdays and Thursdays

Time 8:15-9:15 a.m.
Location Adult Lounge

Instructor Kerstin Eskeli

### **Splash! Water Workout**

Splash your way into fitness with this fun and exciting water workout designed to be easier on your joints. Get fit in the pool while increasing your overall endurance and strength. This exercise class is guided by a senior fitness specialist and personal trainer.

Days Tuesdays and Thursdays
Time 10:00-11:00 a.m.

**Location** Pool

**Instructor** Marilyn Myles

### **Boomer Boot Camp**

Fitness after 55 just became more fun! Workout with balls, bells, bands and balance training aids in an "old school" format with "new age" results! This exercise class is guided by a senior fitness specialist and personal trainer.

Days Tuesdays and Thursdays
Time 11:15 a.m.-12:15 p.m.

Location Dance Studio

Instructor Marilyn Myles







Location



*Name* Maria E. Armendariz

Originally from

How long have you lived on the Key?
6 months

**Profession**Business Owner

**Hobbies** Ceramics

Community Center
Sculpting class with Rosita &
Balance Chair Exercise Group

Favorite activities at the

### **ARTS & CRAFTS**

Sculpting Ceramics

You are invited to experience a new way of sculpting through the engagement of your intuition. As the senses come into action and the mind relaxes, creativity will flow with beautiful results. This class puts into practice the techniques and principles of three-dimensional work in terms of volume, proportion, balance and movement. Instructor has over 20 years of experience in creating artistic work and teaching. Materials used include clay and acrylic paints. Materials are not included in the class fee.

Madaaadaya

Days	weanesaays
Time	11:00 a.m1:00 p.m.
Location	Arts & Crafts Room
Session 1	September 9-30
Session 2	October 7-28
Session 3	November 4-December 2
	(no class Nov. 25)
Instructor	Aida Seroussi

Member Fee \$120/session or \$33/class
Non-Member Fee \$144/session or \$39/class
Materials Fee \$45

### **Chinese Brush Painting**

Learn Chinese brush painting from an instructor who has studied with internationally known artists Chow Chian Chiu and wife Chow Leung Chen-Ying. No previous experience is required. A materials list is available at the Front Desk.

•	
Days	Mondays
Time	10:15 a.m12:15 p.m.
Location	Arts & Crafts Room
Session 1	August 24-October 5
	(no class Sep. 7)
Session 2	October 12-November 16
Session 3	November 23-December 14
	(pro-rated)
Instructor	Joyce Olivera
Member Fee	\$70
Non-Member Fee	\$80
	NEW

### Open Art Studio

If you need a place for your creativity to shine or just a little down time to put paint to canvas, then the Open Art Studio at the Community Center offers the solution. Every Monday share 2 hours with other inspired artists while working on a new painting or re-working an old one. After pre-registering at the Front Desk, just check in, grab a seat in front of an easel and make yourself at home. No group instruction is provided, however an experienced artist is on hand to help. You must bring your own canvas, paints and brushes. These items may not be stored at the Community Center. Soft music, coffee and tea are provided. Space is limited.

Days Time Location	Mondays 1:00-3:00 p.m. Arts & Crafts Room
Session	Ongoing starting August 2 (except Sep. 7)
Member Fee	Free

\$5

**Non-Member Fee** 



### **Judi's Jewelry Class**

Create customized, stylish jewelry ready for you and your friends to wear! Choose from a huge selection of hot colors, textures and unique beads to make one-of-a-kind pieces. Judi Koslen has been sharing her jewelry-making expertise with Key Biscayners of all ages for decades and will gladly help you unleash your creativity. Basic materials are included in the class fee.

DaysTuesdays and ThursdaysTime10:00 a.m.-1:00 p.m.LocationSecond Floor Lobby

Session Ongoing Instructor Judi Koslen

Fee \$10 per class



Don't miss this exciting workshop with renowned sculptor Rosita Barck, known for her sculptures depicting some of the most famous faces in the world. Through step-by-step instruction, you will learn the traditional skills needed to make compelling sculptures. Class is free but there is a materials fee.

DaysFridaysTime12:30-2:30 p.m.LocationArts & Crafts Room

Sessions Ongoing beginning August 28

Instructor Rosa Barck

Free Free Materials Fee TBA





#### **Art Class for Seniors**

Learn new techniques in painting, have fun, meet friends and join other Key Biscayne artists in this inspiring and relaxing class sponsored by the Active Seniors on the Key (ASK) Club. Artists will explore different themes in painting and mixed media, while also learning about art history and Master artists. The course includes paints, paper and canvas boards. This class is open to all levels from beginners to advanced. Class fee includes all materials, light snacks and refreshments. There is a limit of 15 students per class so please register and pay in advance at the Front Desk to secure your spot.

**Days** Thursdays

Time 10:00 a.m.-1:00 p.m.
Location Arts & Crafts Room

Session 1 August 27-September 24

Session 2 October 1-29

Session 3 November 5-December 10
Instructor Cristina Figueredo Zizold

Member Fee \$50 Non-Member Fee \$60



### **COMPUTER CLASSES**

Learn everything you need to know about your home computer from an experienced and patient instructor. Additional sessions may be offered if demand exists. Please inquire at the Front Desk. Students must register and pay for entire 4 week course.

LocationComputer LabMember Fee\$20 (4 weeks)InstructorLeo QuintanaNon-Member Fee\$24 (4 weeks)

### **Basic Computer Applications**

Explore the different features, learn how to perform basic troubleshooting, and familiarize yourself with e-mail and Internet.

Days Wednesdays
Time 10:00 -11:00 a.m.

Session 1 September 16-October 7
Session 2 October 14-November 4

### **Intermediate Computer Applications**

Gain a working knowledge of Microsoft Office programs (MS Word, Excel, Publisher), e-mail and Internet, acquaint yourself with social media and become familiar with cloud computing.

**Days** Wednesdays

 Time
 11:00 a.m.-12:00 noon

 Session 1
 September 16-October 7

 Session 2
 October 14-November 4

### iPhone/Tablet Class

In this class you will learn everything you need to know about your iPhone and tablet. Explore all the different features, text messaging, basic troubleshooting, and learn to use FaceTime.

**Days** Tuesdays

Time 11:00 a.m.-12:00 noon

Session 1 September 15-October 6

Session 2 October 13-November 3

### **BRIDGE CLASSES**

### **Bridge Lessons**

From learning the basics to brushing up on your knowledge of the game. These classes have it all! Call Judy Reinach for details at 305-361-9562.

DaysTuesdaysLocationAdult LoungeInstructorJudy Reinach

Session November 10-December 15

Member Fee \$80 Non-Member Fee \$96

### **Intermediate/Supervised Play**

Fime 5:00-6:00 p.m.

### **Bridge for Beginners**

**Time** 6:00-7:00 p.m.

### **Duplicate Bridge Game**

Enjoy an afternoon of Duplicate Bridge every Wednesday. Call Judy Reinach for details 305-361-9562.

DaysWednesdaysTime12:30 p.m.LocationAdult Lounge

Sessions Ongoing beginning August 26

Instructor Judy Reinach



### PERFORMING ARTS

### **Ballroom Dance**

Would you like to learn how to dance salsa, merengue, cha cha, fox trot, swing, rumba and more? Let someone who dances for a living and participates in world class competitions show you the right moves. Never again will you stay on your chair without enjoying the fun and natural art of dancing. Whether you have a partner or not, you are welcome to join us.

DaysMondaysTime8:00-9:00 p.m.LocationDance Studio

Sessions Ongoing beginning August 24

Instructor Eugenia Spotar

Member Fee \$12 Non-Member Fee \$15

### **Ladies' Andante Vocal Group**

This is an ideal group for any lady wishing to take her first steps towards a unique vocal experience. The choir includes vocal technique and works with simple 2- and 3-voice musical arrangements with a varied repertoire such as classical, rock and popular music in different languages, including Latin American folk music. Whenever ready, opportunities abound for performances. Check out our latest live performances at www.andantevg.blogspot. com. No auditions are required. Just be ready to have fun by making music together! For more information, please call Angeles Padilla at 305-342-4162 or Florencia Badino at 786-395-0485.

DaysWednesdaysTime12:00-1:30 p.m.LocationIsland Room

Session 1 September 2-October 21
Session 2 October 28-December 16

Instructor Florencia Badino & Angeles Padilla

Member Fee \$160 Non-Member Fee \$192

### **Tango**

Learn the foundations of tango (including opening, walking, frame and basic step) from an internationally renowned dance instructor. In addition to the steps, students will be introduced to the world of tango and learn the customs and atmosphere of milongas (dances). As the classes progress, more advanced steps will be introduced. Each monthly session will conclude with a mini-milonga to allow students to show off what they've learned and practice the Argentine milonga traditions.

Days	Wednesdays
Time	8:00-9:00 p.m.
Location	Dance Studio

Session 1 September 2-30 (pro-rated)

Session 2 October 7-28
Session 3 November 4-25

(no class Nov. 11; pro-rated)
December 2-16 (pro-rated)

**Instructor** Claudio Ponce

Member Fee \$60 Non-Member Fee \$72

**Session 4** 









### Non-Refundable Trip (NRT)

These trips require the advanced purchase of tickets. Full payment is due at time of registration and cannot be credited or refunded unless a replacement from the waiting list is available. Tickets are transferable.

### **Evening Trips Drop-Off Service**

For trips that take place in the evening, transportation directly to your home at the end of the night is available at no extra charge. Please call 305-365-8953 to make arrangements.

### **TRIPS & TOURS**

The Community Center Adult and Senior Services Division offers affordable excursions to exciting destinations and events throughout South Florida. In order to properly plan for these outings, full payment must be received by the registration deadline. A full refund will be provided only if the trip is cancelled. Please contact Roxy Lohuis-Tejeda for more information at 305-365-8953.

### **Cuba Out of Cuba Exhibit at the Freedom Tower**

Cuba Out of Cuba: Through the Lens of Alexis Rodriguez-Duarte in Collaboration with Tico Torres inaugurates the new Cultural Legacy Gallery, a permanent space dedicated to the impact of Cuban culture on South Florida and throughout the world, housed at the National Historic Landmark Freedom Tower. Alexis Rodriguez-Duarte is a New York and Miami-based internationally renowned photographer whose work has appeared in The New Yorker, Vanity Fair, Town & Country and Harper's Bazaar, among other major publications, and has exhibited his work at the Smithsonian Institution in Washington D.C., Museum of the City of New York, the Victoria and Albert Museum in London and the Bass Museum of Art in Miami Beach, among others. The visit to the exhibit will be followed by lunch at Bayside Marketplace.

### Registration Deadline: Friday, August 21

Date	Friday, August 28
Time	11:15 a.m.
Fee	\$5

### **Murder Mystery Dinner at Marina 84**

Enjoy three courses of mystery, intrigue and murder from Miami's leader in murder mystery dinner entertainment, The Murder Mystery Company. Price includes a three-course meal in addition to your show!

### Registration Deadline: Friday, September 4

Date	Thursday, September 10
Time	5:45 p.m.
Fee	\$65

### **Day at Palm Beach Outlets**

Spend the day at Palm Beach Outlets, Palm Beach County's first outlet center, featuring over 100 stores including brand favorites Saks Fifth Avenue OFF 5TH, Banana Republic Factory Store, Kenneth Cole, Nike and White House | Black Market.

### Registration Deadline: Friday, September 18

Date	Friday, September 25
Time	9:30 a.m.
Fee	\$5

### Day at Seminole Hard Rock Hotel & Casino

Experience the thrill of gaming action at Seminole Hard Rock Hotel & Casino in Hollywood, Florida. Play high-energy slots and table games, enjoy boutique shopping just beyond the casino doors in Seminole Paradise and savor exceptional dining, featuring delicious flavors and the finest ingredients.

### Registration Deadline: Friday, October 2

Date	Friday, October 9
Time	9:45 a.m.
Fee	\$5

### Miami City Ballet's *Program 1* at the Adrienne Arsht Center

Don't miss this season's opening performance, featuring a glorious version of Acts Two and Four of Balanchine/ Tchaikovsky's *Swan Lake*, Scarlett/Liebermann's *Viscera*, and Robbins/Bernstein's *Fancy Free*.

### Registration Deadline: Friday, October 9

Date	Friday, October 23
Time	6:45 p.m.
Fee	TBA (NRT)

# This Place: Israel through Photography's Lens at Norton Museum of Art

The Norton Museum of Art is the first U.S. venue to host *This Place,* an international photo exhibition about Israel. This show explores the complexity of Israel and the West Bank, as place and metaphor, through the eyes of 12 internationally acclaimed non-Israeli and non-Arab photographers. Lunch will follow at Serenity Tea House and Café.

Registration Deadline: Friday, October 30

Date Friday, November 6

**Time** 9:30 a.m.

**Fee** \$17

### Day at Festival Flea Market

Join us as we head out to this one-of-a-kind, multimerchant marketplace filled with a diverse selection of merchandise ranging from the ordinary to the extraordinary... and all in air-conditioned comfort.

Registration Deadline: Friday, November 13

Date Friday, November 20

**Time** 9:30 a.m.

Fee \$5

### **Day at Sawgrass Mills**

Join us a head out to Sawgrass Mills, one of Florida's largest retail and entertainment centers, featuring more than 300 name-brand stores and outlets, and a wide variety of full-service restaurants.

Registration Deadline: Friday, November 27

Date Wednesday, December 2

**Time** 9:30 a.m.

Fee \$5

### **Day at Dolphin Mall**

We are headed to one of the largest, most exciting shopping and entertainment destinations in Miami. Have lunch, take in a movie or visit some of their over 240 retail outlets and name-brand discounters. Whatever you do, you are sure to have a great time.

Registration Deadline: Friday, December 4

Date Wednesday, December 9

**Time** 9:45 a.m.

Fee \$5

### New World Symphony's The Sounds of the Season

The New World Symphony presents a festive program celebrating the holiday season and offering audience members an opportunity to gather and share the music with friends and family. Enjoy selections from a variety of cultural heritages, certain to delight audiences of all ages!

Registration Deadline: Friday, December 4

Date Friday, December 18

**Time** 6:00 p.m.

Fee TBA



### SENIOR TRANSPORTATION PROGRAM

The Village of Key Biscayne offers free, local island transportation to pre-registered senior residents of Key Biscayne. Seniors must be 60 years of age or older, full- or part-time residents of Key Biscayne and pre-registered with Roxy Lohuis-Tejeda, Senior and Adult Programs Coordinator. Exceptions will be made for home health aides, nurses and other qualified personnel caring and assisting the registered user. This service is provided on Tuesdays, Wednesdays and Thursdays between 9:00 a.m. and 3:00 p.m. All passengers must be ready and waiting for pick up. The driver will wait only five minutes. Please call 305-365-8953 for more information or to make a reservation.



# 50+ Corner - Adult and Senior Programs



Name

Barbara Jacobs

Originally from Evanston, Illinois

How long have you lived on the Key?

34 years

**Profession**Retired teacher

*Hobbies*Reading

Favorite activities at the Community Center

Lunch with an Author and movies

### ONGOING PROGRAMS

#### **Health Seminars**

The importance of knowledge and understanding of one's own health is vitally important. Following the seminar, a light lunch is served in order to give residents time to reflect and discuss the topic.

Dates Thursdays: September 3, October 1,

November 5 & December 3

Time 11:30 a.m.
Location Adult Lounge

Fee Free

### Caring for the Caregiver Support Group

Are you caring for an ill relative or friend? This group will provide a supportive and confidential environment for caregivers in our community to build relationships, share information and resources and learn to cope with the challenges of being a caregiver. Please contact the Front Desk for a schedule of upcoming dates.

DatesFridays: TBALocationAdult LoungeTime11:00 a.m.FacilitatorDora Posada, LCSW

Fee Free

### **Men's Support Group**

An ongoing, safe and confidential group for men to discuss challenges and gain feedback and support from each other. Topics of discussion will include: building a new circle of friends; personal growth; stress and anxiety management; self-esteem; and relationships with family, friends and significant others.

Dates Wednesdays: September 9 & 23;

October 7 & 21; November 4 & 18;

December 2 & 16

LocationAdult LoungeTime7:30 p.m.FacilitatorArthur Ackerman

Fee Free

### A.S.K. Book Club

Attention all book lovers! Join your friends and neighbors for a literary afternoon at the Active Seniors on the Key (A.S.K.) Book Club featuring good books, good discussions and good people. Please bring your own lunch. Coffee will be served.

Dates Mondays: September 14, October 12,

November 9 & December 7

**Location** Second Floor Lobby

**Time** 12:30 p.m. **Facilitator** Katherine Vale

Fee Free

### **Key Biscayne Domino Club**

Join your friends and neighbors for a friendly game of dominos... *y una tacita de café*.

DaysMondays & FridaysTime2:00-6:00 p.m.DaysWednesdaysTime3:30-6:00 p.m.LocationAdult Lounge

Fee Free

### **Mahjong, Card Games and More**

Interested in learning and/or playing Mahjong? Or perhaps engaging in a friendly game of Rummikub? Groups are forming on an ongoing basis. Call Roxy Lohuis-Tejeda at 305-365-8953 for additional information. Complimentary refreshments are provided.

DaysTuesdaysTime1:00-4:00 p.m.LocationAdult Lounge

Fee Free



# 50+ Corner - Adult and Senior Programs

### A.S.K. Club Pickleball

This fun paddle sport, which combines many elements of tennis, badminton and ping pong, was created for all ages and skill levels with simple rules making it easy for beginners to learn and fast-paced for experienced players. Registration at the Front Desk is required.

Dates Ongoing starting September 1

Days Tuesdays, Wednesdays, and

Thursdays

Time 10:00 a.m.-12:00 noon

**Location** Gymnasium

Fee Free

### Medicare Counseling by SHINE

Medicare advice is now available to Key Biscayne residents thanks to the Alliance for Aging's SHINE program. Every month A.S.K. Club volunteers trained by the SHINE program will provide free, unbiased and confidential health insurance counseling to empower residents to make informed healthcare choices. For appointments, please call Denise Agudelo at 305-670-6500 x11211.

Dates Thursdays: August 20,

September 17, October 15,

November 19 & December 17

**Location** Computer Lab

Time 10:00 a.m.-12:00 noon

Fee Free

### **Q&A** with Social Security

A bilingual representative from the Social Security Administration will be available to assist you with all of your Social Security and Medicare issues on the last Wednesday of the month (excluding holidays). No appointment is necessary.

**Dates** Wednesdays: September 30,

October 28, November 18

& December 16

Time 9:30 a.m.-12:00 noon

**Location** Second Floor

Fee Free

### **Movie Lovers' Cinema**

Join us for a free viewing of recently released films every Thursday of the month. The films to be shown have been selected by local residents for the viewing pleasure of all Islanders. To submit movie suggestions for upcoming months, please contact 305-365-8953.

### Thursday Matinees at 1:30 p.m.

**Dates** August 6, 13, 20, 27

September 3, 10, 17, 24 October 1, 8, 15, 22, 29 November 5, 12, 19

December 3, 10, 17

**Location** Adult Lounge

Fee Free



Name

Julio Paniagua

Originally from

Cuba

How long have you lived on the Key?

55 years

Profession

**Retired Engineer** 

Hobbies

Fishing and playing tennis

Favortie activities at the Community Center

Monthly lunches and movies

### FLORIDA LICENSING ON WHEELS BY APPOINTMENT ONLY!

A team of driver's license representatives will be on hand to renew or issue replacements or duplicates of your driver's license and vehicle registration, issue new or replacement identification cards, complete out-of-state driver's license transfers and provide handicap decals. Call 305-365-8953 for appointments and information on needed documentation. *Note: Renewals of driver's licenses can be completed up to 18 months in advance of the expiration date.* 

**Days** Tuesdays

Dates September 8, October 13,

November 10 & December 8

Time By Appointment Only Location Adult Lounge



### An Event to Remember

## Halloween at the Key Biscayne Community Center & the Towers of Key Biscayne October 2014

























# 50+ Corner - Adult and Senior Programs

### **SPECIAL EVENTS**

### **AARP Driver Safety Program**

Take the 6-hour classroom refresher course especially designed for drivers age 55 and over and qualify for auto insurance discounts.

DateFriday, October 16Time9:00 a.m.-3:00 p.m.LocationComputer Lab

Fee \$15 for AARP Members

\$20 for AARP Non-Members

### Halloween Ice Cream Social & Movie Matinee

This is an invitation to the young at heart to join us for our Halloween Ice Cream Social & Movie Matinee. Wear your best costume or come just as you are. Enjoy a variety of flavors with all your favorite toppings following a not-so-scary movie.

Date Thursday, October 29

Time 3:30 p.m.
Location Adult Lounge

### **Key Biscayne Domino Club Fall Tournament**

Join us at the Key Biscayne Community Center for lunch and an afternoon of friendly competition. Pre-registration is required by calling 305-365-8953.

Date TBA

Time 12:00-3:00 p.m.
Location Adult Lounge

Free Free

### A.S.K. Club Lunch

The Active Seniors on the Key (A.S.K.) Club invites all Islanders to a monthly luncheon featuring guest speakers and fun activities with your friends and neighbors. This event is generously sponsored by the Key Biscayne Community Foundation and the Village of Key Biscayne. Please register in advance at the Front Desk to secure your spot.

**Days** Thursdays

Dates September 10 & October 8

Location Island Room Time 12:00 Noon

**Fee** \$5

### **Lunch with an Author**

Join us for lunch with a different author as they discuss their latest works and sign copies of their books. This event is generously sponsored by the Village of Key Biscayne. Please register in advance at the Front Desk to secure your spot.

**Days** Thursdays

Dates September 17 & October 15

Location Island Room Time 12:00 noon

Fee Free

### **Annual Holiday Luncheons**

Key Biscayne residents are invited to celebrate the spirit of the season at their Community Center. Luncheons include delicious food, holiday entertainment and much more. All proceeds benefit local charities in the Miami area. These events are generously sponsored by the Key Biscayne Community Foundation and the Village of Key Biscayne. Advance registration at the Front Desk is required to secure your spot.



Date Thursday, November 19

Time 12:00 noon Location Island Room

Fee \$5 (suggested donation)

### Season's Greetings Holiday Luncheon

Date Thursday, December 10

Time 12:00 noon Location Island Room

Fee \$5 (suggested donation)









# Special Events/Important Dates

# COMMUNITY CENTER HOLIDAY HOURS & CLOSURES

### **Labor Day**

Date Monday, September 7
Hours 8:00 a.m.-8:00 p.m.

### **Veterans Day**

DateWednesday, November 11Hours8:00 a.m.-8:00 p.m.

### **Thanksgiving Day**

Date Thursday, November 26

Hours CLOSED

### **After Thanksgiving Day**

Date Friday, November 27
Hours 8:00 a.m.-8:00 p.m.

### **Christmas Eve**

Date Thursday, December 24
Hours 6:00 a.m.-4:00 p.m.

### **Christmas Day**

Date Friday, December 25

Hours CLOSED

#### **New Year's Eve**

Date Thursday, December 31 Hours 6:00 a.m.-4:00 p.m.

### **New Year's Day**

Date Friday, January 1
Hours CLOSED





### **Lighthouse Run**

Date Saturday, November 14
Time 7:00 a.m.

**Location** Bill Baggs Cape Florida

State Park

### **Winterfest Eve**

DateSaturday, December 5Time6:00-10:00 p.m.LocationVillage Green

### **Winterfest**

DateSunday, December 6Time4:00-7:30 p.m.LocationVillage Green

#### **Movies on the Green**

Date Friday, December 11
Time 7:00 p.m.
Location Village Green

### **Winterfest Boat Parade**

Date TBA

Time 6:00-8:30 p.m.

Location "No Name Harbor" in

Bill Baggs Cape Florida

State Park

### VILLAGE OF KEY BISCAYNE COMMUNITY CENTER

# ACTIVE



Village of Key Biscayne
Parks and Recreation Department
10 Village Green Way

Key Biscayne, Florida 33149 Telephone: 305-365-8900

Visit us often for updates and new information at www.ActiveIslander.org



